

## CLAIMS

1. A protein/phospholipid or protein hydrolyzate/  
phospholipid complex containing 10 wt% or more of bound  
5 phospholipid.

2. The complex according to claim 1 which is  
prepared by mixing a protein hydrolyzate with a  
phospholipid.

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3. The complex according to claim 1 which is  
prepared by mixing a protein with a phospholipid to form a  
complex and hydrolyzing the protein moiety of the formed  
complex.

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4. The complex according to claim 1 which contains  
10-50 wt% of bound phospholipid.)

5. The complex according to claim 1 which contains  
20 20-50 wt% of bound phospholipid.

6. The complex according to claim 1 wherein the  
protein is derived from wheat, soybean, corn, or milk.

7. The complex according to claim 1 wherein the  
phospholipid is lecithin.

8. The complex according to claim 1 wherein the  
phospholipid is enzyme-modified lecithin.

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9. A lipid metabolism improving agent comprising a  
protein/phospholipid or protein hydrolyzate/phospholipid  
complex containing 10 wt% or more of bound phospholipid.

10. The lipid metabolism improving agent according to  
claim 9 in an effective amount which is in pharmaceutically

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acceptable dosage form comprising a pharmaceutically acceptable carrier.

11. A cholesterol metabolism improving agent  
5 comprising a protein/phospholipid or protein hydrolyzate/  
phospholipid complex containing 10 wt% or more of bound  
phospholipid.

12. The cholesterol metabolism improving agent  
10 according to claim 11 in an effective amount which is in  
pharmaceutically acceptable dosage form comprising a  
pharmaceutically acceptable carrier.

13. A functional food comprising a protein/  
15 phospholipid or protein hydrolyzate/phospholipid complex  
containing 10 wt% or more of bound phospholipid.

14. The functional food according to claim 13 which  
contains 0.1 wt% or more of the complex.

15. The functional food according to claim 13 or 14  
having lipid metabolism improving activity.

16. The functional food according to claim 13 or 14  
25 having cholesterol metabolism improving activity.

17. A method for improving the lipid metabolism of an  
animal which comprises administering to the animal the  
complex according to claim 1.

18. A method for improving the cholesterol metabolism  
of an animal which comprises administering to the animal  
the complex according to claim 1.

19. The use of the complex according to claim 1 for  
35 improving the lipid metabolism of an animal.

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20. The use of the complex according to claim 1 for improving the cholesterol metabolism of an animal.

21. The use of the complex according to claim 1 for the preparation of pharmaceutical compositions useful for improving the lipid metabolism of an animal.

22. The use of the complex according to claim 1 for the preparation of pharmaceutical compositions useful for improving the cholesterol metabolism of an animal.

23. The use of the complex according to claim 1 for the preparation of functional foods useful for improving the lipid metabolism of an animal.

24. The use of the complex according to claim 1 for the preparation of functional foods useful for improving the cholesterol metabolism of an animal.

25. A process for preparing a protein hydrolyzate/phospholipid complex which comprises mixing a protein hydrolyzate with a phospholipid and recovering the formed complex.

26. A process for preparing a protein hydrolyzate/phospholipid complex which comprises mixing a protein with a phospholipid to form a complex; hydrolyzing the protein moiety of the complex in an aqueous medium; and recovering the formed protein hydrolyzate/phospholipid complex.

27. The process according to claim 26 wherein the hydrolysis of the protein moiety is carried out by the treatment with an enzyme source having proteolytic activity.

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